



# U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



### MENTAL HEALTH CHECKUP

We often focus more on how to treat illnesses, both physical and mental, than on how to stay healthy. Many people go through their entire lives never seeking out a mental health professional. But the absence of mental illness does not necessarily mean mental health.



#### Mental Health

Successful performance of mental function throughout the life cycle, resulting in

- ° Productive activity
- ° Fulfilling relationships
- ° Ability to adapt to change and cope with stress

Foundation for thinking, communication, learning, emotional growth, resilience, healthy relationships, and self-esteem.

#### Mental Illness

Health conditions involving changes in:

- ° Thinking
- ° Mood
- ° Behavior

Associated with distress and/or impaired functioning

### Topics to Consider in a Mental Health Checkup

While not exhaustive, the topics on this list are meant to provide a starting point to help you examine how you're doing emotionally and mentally. If any of these items raise a red flag for you, if you are concerned that you may have anxiety, depression, or another mental illness, then talk with your healthcare provider.

**Concentration** — Are you able to focus on the task at hand, whether at work or at home, and get it done in a timely manner?

**Balance** — Is there an appropriate balance between your home life and your work life?

**Mood** — Does your mood feel pretty stable, or are you experiencing significant mood swings (either highs or lows)?

**Energy** — Do you feel that you have the energy to do the things you need and want to do?

**Sleep** — How are you sleeping at night? Is it restful, or does it leave something to be desired?

**Tension, Anxiety** — Are you feeling tense and wound up all the time? How about nervous and anxious?

**Tuning In** — In general, how "in touch" do you feel with yourself? Do you feel like you're experiencing emotions without clear explanations, like crying or having anger outbursts "for no reason?"

**Eating Habits** — Has your appetite changed? Are you eating too much or too little?

**Pleasure** — Do you get pleasure from activities usually considered enjoyable such as exercise, hobbies, music, sexual activities or social interactions?

Please contact the Mental Health Clinic (243-5171) for more information